

Calgary

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## Summary



## **Calgary - The City**

Calgary's path towards becoming one of the biggest cities in Canada started in the second half of the 1800s, when many settlers developed the local agricultural economy. The Calgary Stampede is an annual festival that celebrates this period, together with the western culture and heritage.

The discovery of oil just outside the city at the start of the 1900s breathed even more life into the town, a turning point so important that the energy sector is still one of the main strongholds of Calgary's economy.

It wasn't until the city hosted the Winter Olympics in 1988 that it was granted international recognition, becoming one of the main Canadian tourism destinations.

The view from the signature Calgary Tower has become a fan favourite, just like the many festival and events hosted by the town. The mountain ridges that can be found nearby are nice locations for both winter sports and hiking, otherwise one is left with plenty of options for a more relaxed day in the local national parks.











#### Calgary - Events

Calgary hosts different festivals that mainly happen during the summer, but smaller events are held year-round. You'll be able to celebrate the city's heritage and history with the Calgary Stampede and its food culture during Taste of Calgary. You can also find a folk music festival, as well as a comic-con and a firework competition among the town's many events.





**High Performance Rodeo (January)** 225 8th Avenue Southeast, Calgary +1 403 294 7411

High Performance Rodeo is Calgary's International Festival of the Arts, featuring performances from Canadian and foreign artists who will entertain audiences using many different spots in the Downtown as their stage. The diversity of the performances is the main draw: you can find theatrical, dancing and musical exhibitions, but also wrestling matches, cabaret and burlesque shows.



**Block Heater (February)** 1215 10th Avenue Southeast, Calgary +1 403 233 0904

Organised by the Calgary Folk Fest, Block Heater is a winter music festival taking place across several locations like the National Music Centre, King Eddy, Festival Hall, and the Central Library in Downtown Calgary. Both Canadian and international performers join this annual celebration of all genres of music, from electronic to folk.



Calgary Comic and Entertainment Expo (April) Stampede Park, Calgary +1 403 266 1611

The Calgary Comic and Entertainment Expo comes with everything a comic fan would need: scheduled autograph and photo sessions with international authors, Q&A panels with your favourite artists, over 700 retailers with articles and gadgets on sale, as well as cosplay contests that bring fictional characters to life.



Calgary Folk Music Festival (July) 698 Eau Claire Avenue Southwest, Calgary +1 403 233 0904

The Calgary Folk Music Festival has been an annual staple for both Calgarians and tourists since 1980. Set in Prince's Island Park, the festival not only gives a stage to many local and international artists, both up-and-coming and well-established, but also includes a Talk Tent where comedy shows and panels take place, as well as an artisan market and a beer garden.



Calgary Stampede (July) 1410 Olympic Way Southeast, Calgary +1 403 261 0101

A ten-day festival that takes its roots at the start of the 1900s, the Calgary Stampede starts off with a western-themed march through the town. It is mostly famous for having the world's biggest outdoor rodeo, with a range of activities including bull riding and barrel racing that take place during the afternoon. Every day ends with a chuckwagons derby, followed by a variety show featuring comedy, music and dancing, while a firework display acts as the grand finale.



**GlobalFest (August)** 17th Avenue Southeast, Calgary +1 403 569 9679

The GlobalFest is further split into the OneWorld Festival and the International Fireworks Festival. The first aims to showcase different cultures from around the world through on-stage performances, interactive activities and food stalls, while the latter is a competition between five countries' best pyro-musical artists.



**Taste of Calgary (August)**Eau Claire Market Plaza, Calgary
+1 403 453 7424

This festival does not only allow you to taste Calgary's food and drinks from the many tents and trucks, but also to engage with local artisans and get to know their craft, while the stages host live music bands and DJs. The sampling tickets come at \$1 each, and can be bought either online or on site.



**Beakerhead (September)** 1405 4th Street Southwest, Calgary +1 587 351 7787

Beakerhead is an annual festival that celebrates the ways in which engineering and science can create art. Recurring displays include exhibitions featuring robots, street experiments and music on Stephen Avenue Walk, workshops and panels for educational purposes and nightly events with 3D projections and dance performances.



## Calgary International Film Festival (September)

999 8th Street Southwest, Suite 260 +1 403 209 4957

Starting from the year 2000, Calgary has hosted the largest film festival in Alberta every year, with screenings of feature and short films of any genre, coming from not only Canada but also other countries. During these twelve days the audience is able to ask question and engage with the filmmakers during panels, film talks and behind-the-scenes events.



## Imaginairium by Wordfest (October)

Memorial Park Library, 1221 2nd Street Southwest +1 403 237 9068

Wordfest, the third-largest Canadian literary festival, hosts Imaginarium, a 10-day long celebration of national and international writers, ranging from columnists to essayists. Readings, Q&As, and panels are staple events, but there's also the annual late-night Literary Deathmatch, where authors have seven minutes to show off their wordsmith skills to both the judges and the audience.



#### Calgary - Do & See

The sight unfolding from the Observation Deck of Calgary Tower is a must for anyone visiting the city. From there, a wide range of activities opens up in front of you: visit the local zoo and meet different species of animals, get thrown back into the 1900s thanks to a historical village's reproduction of that era, or hike and relax in one of the town's many parks.





**Calgary Tower** 

101 9th Avenue Southwest, Calgary +1 403 266 7171

Calgary's main landmark - Calgary Tower - is almost 200 meters high and mostly known for offering a 360° view of the city, thanks to the observation deck's glass floor. Included in the ticket is the admission to their Theatre Room, featuring a short film that goes through the history of the tower.



Calgary Zoo

210 St. George's Drive Northeast, Calgary +1 403 232 9300

African lions, Amur tigers, giant pandas and whooping cranes are only a few of the animals that can be seen at the Calgary Zoo. You will also be able to witness events such as tiger training sessions and learn more about gorilla family dynamics. Restaurants are also available if you are planning for a longer stay, as well as gift shops and playgrounds for kids.



#### Heritage Park Historical Village

1900 Heritage Drive Southwest, Calgary

+1 403 268 8500

The Heritage Park aims to bring back to life how life was in the years going from 1860 to 1950, making use of interactive exhibitions with costumed interpreters and historical buildings. It is split into four areas: there's the main square with cafes and restaurants, then a 1900s-inspired village, a railway settlement and a fur trading fort coming straight from the late 1800s.



## Prince's Island Park

698 Eau Claire Avenue Southwest, Calgary

Located in Downtown Calgary, Prince's Island Park is a fine choice for those who are looking for a place to relax, thanks to the many picnic areas, and those who want to go on a hiking trip along scenic trails. Here you can find the Chevron Learning Pathway, which goes around a wetland and provides information about the local wildlife. This is also where many of the city's festivals are held, such as Canada Day.



Olympic Plaza 228 8th Avenue Southeast, Calgary +1 403 268 2489

Built in occasion for the medal presentation of the 1988 Olympics, the Olympic Plaza is now a venue used for events throughout the year. You can walk by its reflecting pool in the summer while having an outdoor lunch, or you can head here during the winter to enjoy some outdoor ice skating, free of charge, with the option of renting the equipment on-site.



Fort Calgary 750 9th Avenue Southeast, Calgary +1 403 290 1875

Representing the birthplace of the city, Fort Calgary has a museum that showcases the ways of life of 19th-century North-West Mounted Police once stationed here. Private tours can be booked, and your visit can also include events such as murder mystery dinners, black and white movie nights and artisan fairs.



Banff National Park 224 Banff Avenue, Town of Banff +1-403 762 1550

Established in 1885 Banff is the first national park in Canada. Located at a distance of 120 km from Calgary, it can be reached via the On-It Regional Transit company offering public rides. You can explore its trails either by hiking or biking, enjoy fishing by the Bow River shores, join a zipline tour or have a relaxing birdwatching session, among the many outdoor and learning activities available.



Calaway Park
Range Road 33, Calgary
+1 403 240 3822

Calaway Park is the biggest amusement park of Western Canada, with more than 30 rides that cater to kids and adults alike. All the classics such as the carousel, bumper cars and Ferris wheel are here, along with their own spin on the drop tower with "Free Fallin" and on roller coasters with "Vortex". Seasonal events are also hosted all year long, examples being "Halloweekend" and for Canada Day.



## Canada's Sports Hall of Fame 169 Canada Olympic Road Southwest, Canada +1 403 776 1040

There are more than 600 honoured members in Canada's Sports Hall of Fame, which houses exhibits that celebrate the country's sporting achievements. You will find themed galleries such as the Glide Gallery, focusing on winter sports, the Bounce Gallery, which ranges from baseball to soccer, and the Olympic and Paralympic Gallery displaying the medals won by Canadian athletes.



Studio Bell 850 4th Street Southeast, Calgary +1 403 543 5115

Studio Bell is home to the National Music Centre of Calgary, the ideal stop for those who want to experience the Canadian music scene. The permanent exhibitions available range from educational tours to hands-on jamming sessions with the available instruments. Guided tours can be booked, going in-depth into the Studio's history and architecture as well.



## **Glenbow Museum**

130 9th Avenue Southeast, Calgary

+1 403 268 4100

The list of permanent exhibitions available at the Glenbow Museum includes a dynamic gallery depicting the lives and stories of the men who contributed to shaping Alberta, a mineralogy collection and a presentation about warriors around the world, from Maoris to Samurais. Limited events showcase art by contemporary artist not only from Canada, but from all parts of the world.



## **TELUS Spark**

220 St. George's Drive Northeast, Calgary +1 403 817 6800

Calgary's science museum, TELUS Spark, features exhibits, events and conferences for people of all ages. Highlights include a dome theatre with movie screenings and planetarium shows, live science demos and their Open Studio, where you can give life to your artistic creations through technology. Themed limited events are available year-round, as well as the adults-only show Spark After Dark.



#### **Devonian Gardens**

333 7th Avenue Southwest, The Core Shopping Centre +1 403 268 2489

Devonian Gardens is a botanical garden located in Downtown Calgary, on the fourth floor of The Core shopping centre. You don't have to buy a ticket in order to visit its living wall, koi carp ponds, fountains and waterfall, while kids can enjoy the playgrounds. Being enclosed in glass, natural light is all that you need in order to also see the art that adorns the walls, like masks and banners.



## VRKADE

1221 73rd Avenue Southeast, Calgary +1 587 288 1762

VRKADE offers many different virtual reality experiences, from educational and family friendly ones to shooting and rhythm games. The staff is always available to guide you through your virtual journeys, which also include multiplayer options like a VR Escape Room set in an ancient Egyptian pyramid.



## Downhill Karting by Skyline Luge Calgary

Winsport Canada Olympic Park, 88 Canada Olympic Road Southwest +1 403 776 0617

Skyline Luge gives you the chance to ride down tracks that stretch for more than 1800 metres featuring 50 twists and turns, using karts powered only by the force of gravity. You can book rides for groups and get a picture of you taken during the ride as well. There are height limits for kids: those who do not reach 110cm in height cannot ride alone.



## Calgary - Dining

Dining in Calgary is like attending a food tour encompassing specialities from all over the world: you can sample Canadian staples like poutine, Middle Eastern delicacies such as shwarma and fatayre, Italian homemade pizza as well as vegetarian dishes that are sure to be appreciated by meat-lovers, too. Whether you're looking for brand new flavours or aim to stay as close as possible to your food comfort zone, Calgary has all the right places for it.





**Pigeonhole**306 17th Avenue Southwest, Calgary
+1 403 452 4694

The Pigeonhole restaurant's interiors feature exposed brick walls, leather couches and marble tables, at which you'll be able to enjoy either vegetarian dishes, like charred cabbage and roasted beets, or meat-based ones like tagliatelle with beef ragout, half chicken schnitzel and roasted pork belly.



**Ten Foot Henry** 1209 1st Street Southwest, Calgary +1 403 475 5537

Taking its name from a comic strip character by Carl Anderson, Ten Foot Henry is a restaurant that takes pride in using freshly picked vegetables for many of its dishes. Other than the many vegetarian options, you can have pasta in the form of bucatini and tagliatelle, or pick from their fish and meat offerings, such as their spring salmon and masala chicken. They have an additional brunch menu on Saturday and Sunday from from 11am to 2pm.



**Modern Steak House** 107 10A Street Northwest, Calgary +1 403 670 6873

The bright white walls and sofas contrast against dark wooden tables at the Modern Steak House, where the marble counter and soft lighting add finishing touches to the interiors. They exclusively serve Alberta beef in different cuts, be it filet, rib eye or flat iron, cooked as you like. They also have seafood, pasta-based and vegan dishes, and can accommodate for gluten and lactose intolerance as well.



**Blue Star Diner** 809 1st Avenue Northeast, Calgary +1 403 261 9998

Blue Star Diner's sandwiches, salads, hamburgers and steak dishes are made with ingredients that are locally sourced, and can be ordered for breakfast, lunch or dinner. A drink list that includes house cocktails, draft beer and wines complements their food offering, and they also host discount events like Taco Tuesday or Burger and Beer Wednesday.



John's All Day Breakfast and Lunch 2614 4th Street Northwest, Calgary +1 403 277 0255

John's All Day Breakfast and Lunch is a fine choice if you feel up to trying out some of what Canada's cuisine has to offer, with the added bonus of being easily accessible thanks to the free parking nearby. They're open for breakfast, brunch and lunch, with food options like poutine made with fries, cheese and gravy, omelettes with ham and eggs Benedict coupled with bacon.



**Gaga Pizza** 1236 12th Avenue Southwest, Calgary +1 403 264 2421

Whether you stop and have a seat at Gaga Pizza or pick from one of their Grab & Go options, you'll be able to enjoy a wide variety of topping combinations made with imported goods. Their menu also includes homemade soups, sandwiches and their baklava dessert, a Turkish pastry made with dried fruits.



Jimmy's A&A Deli 1401 20th Avenue Northwest, Calgary +1 403 289 1400

Jimmy's A&A Deli has won many awards for their shwarma: chicken meat or beef cut into thin slices and then served in a salad or with pita (a slice of round, thin bread). Their menu is based on Mediterranean cuisine, featuring also falafel, fatayre, which is a Middle Eastern meat pie, and empanadas, turnover pastries filled with beef or vegetables.



Minas Brazilian Steakhouse 136 2nd Street Southwest, Calgary +1 403 454 2550

Minas Brazilian Steakhouse offers rodízio, an all-you-can-eat service featuring skewered cuts of meat that follows the culture of Southeastern Brazil. Dishes are complemented by vegetables like beans, squash and okra, as well as fruits like pineapple and banana. They also offer take-out service if you want to have a taste of Brazilian cuisine in the comfort of your home.



Vero Bistro Moderne 209 10th Street Northwest, Calgary +1 403 283 8988

Vero Bistro Moderne has menus for brunch, lunch and dinner featuring Italian meals with a Canadian twist to be enjoyed in a softly lit setting. Their signature dishes include mushroom fricassee skillet, bison sausage with wild boar ragu and their grass-fed steak & frites, with the option of additional sides like croissants and Vita eggs.



Himalayan 3218 17th Avenue Southwest, Calgary +1 403 984 3384

The Himalayan is a fine choice for those who want to have a taste of Nepali cuisine. You can start your meal with steamed dumplings named momo, and then order a rice and lentil soup-based 'dal bhat', with your choice of either lamb or chicken meat or paneer cheese. Grilled seafood and vegetarian dishes are available as well, with some options being gluten free.



Santorini Greek Taverna 1502 Centre Street North, Calgary +1 403 276 8363

Santorini Grek Taverna has been open for more than 30 years, letting Calgarians and visitors savour the typical flavours of Greece. In its bright pastel blue, red and white interiors you can order traditional dishes like skewered beef, chicken or prawn called 'souvlaki', 'arni psito', a roast rack of lamb, or 'moussaká' made with layered eggplants, minced meat and potatoes.



**Pfanntastic Pannenkoek Haus** 2439 54th Avenue Southwest, Calgary +1 403 243 7757

Pfanntastic Pannenkoek Haus is a corner of Calgary where you can have a taste of Dutch cuisine. Pannenkoek is the traditional dutch pancake which can be either savoury, with a prime example being their potato, onion, bacon and cheese pannenkoek, or sweet, such as their Black Forest with cherries, ice cream and chocolate sauce.



**Shokunin Izakaya** 2016 4th Street Southwest, Calgary +1 403 229 3444

Shokunin Izakaya is a Japanese restaurant that focuses mainly on yakitori, different cuts of grilled chicken meat, but also has a selection of deep fried dishes called agemono, featuring either eggplant and goat cheese or squid. Your dishes can be accompanied by a variety of drinks, including sake, whiskey, wine as well as signature cocktails such as their rum and coconut milk-based 'shiso colada'.



#### Pho Hoai Vietnamese Noodle House

132 3rd Avenue Southeast, Calgary +1 403 264 8174

Pho Hoai offers both pickup and delivery services in addition to the option of eating its Vietnamese dishes at its location inside the Dragon City Mall. The menu includes bowls of soup and noodles with or without meat, rice in satay sauce with pork or beef, seafood wonton soup and house specials featuring rice vermicelli with spring rolls and chicken.



#### Calgary - Cafes

Coffee shops in Calgary have more to offer than hot and cold beverages, pastries and tarts. Some will give you the opportunity to learn a musical instrument or discover emerging local artists, others will have you relax in the company of cats while many of them also sell the tools of their trade: brewers, mugs and coffee beans.





**Higher Ground** 1126 Kensington Road, Calgary +1 403 270 3780

Higher Ground is a local coffee house that promises to serve guests with fresh organic coffee. You can couple your hot beverage, be it a decaf or an espresso, with a selection of side meals such as soups, gluten free vegan chili, salads and chicken quesadilla, a stuffed tortilla.



### **Monogram Coffee**

4814 16th Street Southwest, Calgary +1 587 893 0444

Monogram Coffee's interior features white walls, wooden planks, stump chairs and tables equipped with lamps. Muffins, open sandwiches and tarts are served along with their iced or hot coffee, and before leaving you have the option of buying some of their coffee beans, brewers or mugs.



Alforno Bakery & Café
222 7th Street Southwest, Calgary

+1 403 454 0308

Located in the neighbourhood of Eau Claire, Alforno offers a menu that includes quick bites like sandwiches, yogurt parfaits and tartines that can be coupled with either hot or cold beverages, as well as more filling meals like pizza and pasta coming in the form of risotto and tagliatelle. They also have a delivery service allowing you to enjoy their food wherever you prefer.



Regal Cat Cafe 303 10th Street Northwest, Calgary +1 403 455 2287

At Regal Cat Cafe you can enjoy pastries, cookies and tea provided by local producers in the company of adoptable feline pets. They also host a variety of events, like "Cats & Yoga" and "Kitty Paint Parti", which take place mostly during the weekend. There's a gift shop as well, selling cat-related souvenirs like pillows, pins and bags.



Hexagon Board Game Cafe 200 Kensington Road Northwest, Calgary +1 403 209 2881

More than 100 board games are available at Hexagon, ranging from classics like Jenga! and Clue to the most recent releases. Since the games can also be bought, you can try them out here before you make a purchase, all while sipping from a cup of coffee or a glass of wine and having a bite of their pastries and sandwiches.



Analog Coffee 17th Ave 740 17th Avenue Southwest +1 403 910 5959

Taking the name from the street in which it is located, Analog Coffee 17 Ave couples their cups of latte, espresso and tea with pastries like ham and cheese puffs, blueberry muffins and lemon scones. Their cornered position allows you to enjoy the view of the bustling crossroad, and you can also buy some of their coffee beans to bring back home with you.



Cornerstone Music Cafe
139 Deer Ridge Drive Southeast, Calgary
+1 403 278 3070

You can head to Cornerstone Music Cafe for either breakfast or lunch, where you'll be able to order gluten-free quinoa bowls, egg wraps and tacos, as well as beef kebab panini and grilled cheese croissants. Your meals can be accompanied by live music events by local artists, and they also offer the chance to join a music lesson for various instruments in their studio.



**Gravity Espresso & Wine Bar** 909 10th Street Southeast, Calgary +1 403 457 0697

Gravity's interiors feature dark blue walls contrasting with the bright wooden furniture and lighting, a nice setting in which you'll be able to enjoy their selection of pastries or cheesecake, as well as savoury meals like panini, quiche, soups and salads. Their list of hot beverages includes coffee, tea, ciders and wines, and the experience is further improved by the presence of live music.



Caffe Beano 1613 9th Street Southwest, Calgary +1 403 229 1232

At Caffe Beano you'll be able to enjoy your meal either sitting beside the counter, in their back room or on their outdoor benches. Their cowboy cookies and muffins are fan favourites, just like their award-winning chocolate espresso milkshake. Their savoury options include the Breakfast Sandwich featuring mozzarella cheese, coppa cold cut and sunny side up that can be coupled with their homemade dark espresso.



Ollia Macarons & Tea 810C 16th Avenue Southwest, Calgary +1 403 457 9775

Ollia is a cafe that specialises in macaroons coming in wildly different flavours such as earl grey, berry, vanilla and salted caramel, that can be tasted with a cup of their hot or iced tea. They offer both take-out and delivery services for their pastries, as well as macaroon baking and tea brewing classes.



Calgary is a city filled with pubs, lounges and clubs. 17 Avenue hosts locations accepting both formal and casual dress codes, but if you're looking for a spot to either watch a sporting event or enjoy a karaoke night with a pint of beer, the Mission district would be your best bet. Downtown is where many of the nightclubs are located, a fine choice for those who feel more like dancing the night away.





**The Palace Theatre** 219 8th Avenue Southwest, Calgary +1 587 393 6993

While The Palace first opened in 1921, it went through renovations to become one of Canada's most famous theatres, hosting many events ranging from seminars and corporate events to concerts and other musical performances. The main floor is where you can join the dancing crowd, while a mezzanine is there as a place to take a break and order a drink from the bar.



**Habitat Living Sound** 1217 1st Street Southwest, Calgary +1 403 263 5447

A DJ-owned and operated venue, Habitat Living Sound specialises in electronic, house and techno music, but doesn't shy away from experimenting with other genres. Despite its small size, it hosts both professional and rising local artists, and you can enjoy their performances freely if you get in before 10.30pm.



Twisted Element 1006 11th Avenue Southwest, Calgary +1 403 802 0230

Twisted Element is an LGBT club where you'll be able to enjoy a drink from their bar and join many of the events that are hosted here: there's karaoke on Wednesdays featuring board games and free pool as well, open variety nights on Saturdays and drag shows on Fridays.



**The Palomino Smokehouse Showroom** 109 7th Avenue Southwest, Calgary +1 403 532 1911

The Palomino, or The Pal as the locals call it, is located in the heart of downtown Calgary, a BBQ restaurant equipped with a basement where both local emerging artist and professional musicians entertain the crowd. It is a 18 and up zone where you can enjoy different genres of music, including hip-hop, folk, metal, country and rock n' roll.



**Broken City**613 11th Avenue Southwest, Calgary
+1 403 262 9976

Broken City defines itself as a "social club", aiming to support Calgary's entertainment culture and all of its forms. Weekly events include comedy Monday nights, Tuesday quiz shows, and hip-hop performances on Saturday. You can also enjoy either small or more filling meals on their rooftop patio, available to guests from April to Thanksgiving.



The Blues Can 1429 9th Avenue Southeast, Calgary +1 403 262 2666

Located in Inglewood, The Blues Can is a live Blues bar with a monthly calendar featuring events for every day of the week. Both local and well-known performers get on the stage and entertain their audience, who is also able to order dishes like popcorn prawns, sirloin steak and blackened catfish or chicken.



**Gravity Espresso & Wine Bar** 909 10 Street Southeast, Calgary +1 403 457 0697

Gravity's interiors feature dark blue walls contrasting with the bright wooden furniture and lighting, a nice setting in which you'll be able to enjoy their selection of beers, ciders and wines, with their happy hour taking place every day from 3pm to 5pm. Their music event lineup includes emerging artists Tuesday and Wednesday, original songs by locals on Thursday and well-established performers on Friday and Saturday.



**Greta Bar** 213 10th Avenue Southwest, Calgary +1 403 984 6405

The neon-lit interiors of Greta contain more than 50 arcade games for you to enjoy, including pinball, air hockey and Donkey Kong, as well as a dance floor. The bar has an assortment of house specials for cocktails and beers, and also serves street food coming from all over the world, from Italian arancini to Jamaican patties. The events hosted here include a happy hour lasting from 3pm to 6pm from Tuesday to Saturday and half-off prices on games from 7pm until closure on Tuesday.



Proof 1302 1st Street Southwest, Calgary +1 403 246 2414

With multiple lines of bottles decorating its walls, Proof has an ever-changing menu that features drinks whose flavors and names are inspired by works of literature. You'll be able to couple these with snacks like steamed dumplings, vegan or pork steam buns and sugar pies.



**Last Best Brewing & Distilling** 607 11th Avenue Southwest, Calgary +1 587 353 7387

The Last Best is a fine spot for those who are passionate about beer. Here you'll be able to taste their in-house There Will Be Porter, a black English Ale, and spirits such as the Afterglow Gin. There's also ample selection of beer on tap, featured in their happy hour everyday from 2pm to 6pm, that can be coupled with their food options ranging from sandwiches and burgers to their signature Last Best Bowl with Moroccan Chicken and toasted red quinoa.



## Calgary - Shopping

To make the most out of your shopping experience in Calgary, it's best to keep a few hot spots in mind. Downtown hosts a couple of malls as well as 8 Avenue Southwest, where you'll find a great number of stores. The Red Mile, in 17 Avenue Southwest, is where you want to go for clothes and apparel, while Fourth Street caters more to those looking for home furnishing and fashion items. If you want to buy something more locally-sourced, Inglewood would be your best bet, with its boutiques and antique stores.





Stephen Avenue Walk 8th Avenue Southwest, Calgary

Often defined as the beating heart of Calgary, Stephen Avenue Walk is a pedestrian mall located in Downtown Calgary. You'll not only be able to shop in its many retail stores and boutiques, but you'll also find a Hudson's Bay department store and The Core Shopping Center. Plenty of cafes and restaurants will be ready to welcome you, in case you needed a place to rest.



Inglewood Inglewood, Calgary +1 403 266 6962

With its wide green spaces merging with multiple coffee shops and occasional art installations and exhibitions, Inglewood is one of Calgary's most characteristic neighbourhoods, housing many local small businesses. You can pay a visit to Cody & Sioux for Western apparel, The Knitting Tree if you're searching for items made with yarn and The Next Page Bookstore to find your next good read.



## 17th Avenue Retail & Entertainment District

17th Avenue Southeast, Calgary

This district of 17th Avenue, also called The Red Mile, is a good destination for those who are looking for fashion accessories: here you can find boutiques selling scarves and ties, jewelry, eyewear, but also stores selling music equipment and Indian carpets. There are plenty of bars and cafes as well if you need a quick stop.



Calgary Farmers' Market 510 77th Avenue Southeast, Calgary +1 403 240 9113

Calgary Farmer's Market aims to support the city's growers and small businesses, by providing a space where they can sell locally grown products. It has more than 70 vendors selling not only fresh produce, meat and all things food, but also crafted goods, pet products, art and jewellery items. They also host season-themed events, often featuring live music.



## **CrossIron Mills**

261055 CrossIron Boulevard, Rocky View County +1 403 984 6800

The CrossIrom Mills shopping centre was built also as an homage to Alberta itself: it is divided into six "neighborhoods" with designs and architecture themed around the province's landmarks and well-known spots. The retailers here sell a range of items that include fashion products for men and women, kids' toys, furniture and technology. The tour culminates in a food court, but there is also an entertainment centre equipped with a cinema.



**Chinook Centre** 

6455 Macleod Trail Southwest, Calgary +1 403 259 2022

The largest shopping mall in Calgary, Chinook Centre mostly features high-end boutiques like Louis Vuitton, Tiffany's and Saks Fifth Avenue, but more affordable deals are offered by the local Old Navy and H&M stores. The centre also includes a food court, as well as a bowling alley and a movie theatre as entertainment options.



The Core Shopping Centre

333 7th Avenue Southwest, Suite 900 +1 403 441 4940

Natural light shines on The Core's interiors thanks to the suspended glass skylight, which also allows the mall to house its own botanical garden in the fourth floor. The stores that you can find here supply apparel, clothing and cosmetics items as well as electronics, food and books. Many of them host limited events and workshops that you can join, plus you can always make use of the free Wi-Fi available here.



## **Alberta Boot Company**

50 50th Avenue Southeast, Calgary +1 403 263 4623

Whether you're looking for something that could help you blend in during the Calgary Stampede or just for a souvenir to bring home, you can find it at Alberta Boot Company, the only Western boot manufacturer of the province. They offer leather footwear for both men and women, but also accessories such as hats, belts and necklaces.



**ReWorks Upcycle Shop** 1325 1at Street Southeast, Calgary

+1 403 263 4366

Defining itself as a green lifestyle shop, ReWorks is a store selling recycled products such as faux taxidermy heads made with cardboard, bendable lamps in steel alloy and paper bowls and coasters. They also offer a bike rental service year-round, with the possibility to book themed guided tours to visit the city in an environment-friendly way.



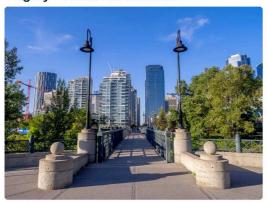
Fair's Fair Books

907 9th Avenue Southeast, Calgary +1 403 237 8156

The modest entrance to Fair's Fair Books hides lines of shelves filled with books of different genres that you can browse at your leisure. DVDs and accessories are also available, and they offer trade and sell services, where you can bring in your own used books to get either cash or store credit in exchange for them.



## **Calgary - Tourist Information**





## Passport / Visa

Citizens wishing to visit Canada must obtain a visitor visa issued by one of the Canadian diplomatic missions unless they hold a valid passport issued by one of the EU countries, Australia or New Zealand. From 2016, visa-exempt countries (except for the US) must apply for an Electronic Travel Authorization (eTA) when arriving to Canada by air. However, travelers don't need an eTA if traveling to Canada by land or sea.

Generally, you can submit your application online but for some countries, after the online application, fingerprints and photo (biometrics) are required.

Find more information about visa requirement at: www.canada.ca/en/services/immigration-citizenship.html



### **Best Time to Visit**

The months going from June to September are the ones during which most of the city's events take place, like the famous Calgary Stampede and the firework show of GlobalFest. Summertime is also when Calgary is most crowded and accommodation prices peak though, so booking in advance is advised.

If you're into winter sports, the period between November and February is the best choice to visit the nearby Rocky Mountains and go skiing down its slopes. This is also when most of the locals leave in search of warmer climates, leaving the city in a quieter state where the prices on rooms are also lower.

If you prefer to have the city all to yourself and aren't really into winter sports, the autumn and spring seasons are your best bets: low accommodation prices and tourist influx couple with mild temperatures to give you the ideal setting for exploring Calgary's neighbourhoods. Just be mindful of bringing warm clothes with you, as the weather can be quite unpredictable with its sudden snowfalls.



Calgary International Airport comes equipped with eateries that make for a fine stop after your arrival, and even two interminal hotels

From the airport you can either take a shuttle, bus, taxi or rent a car in order to get to the city.

Many Hotels in Calgary offer the "Hotel Courtesy Shuttle" service that will be able to pick you up, provided that you request it after your landing by calling. In alternative there's the Allied Downtown Shuttle Service, offering rides every 30 minutes; tickets are available at the Allied Shuttle counter at the Arrivals level.

For a list of bus operators that have rides going through the airport: https://www.yyc.com/en-us/navigatingyyc/groundtransportation/bustouroperators.aspx

Either by shuttle or bus, it takes about 30 minutes to reach Downtown Calgary.

The on-demand taxi service at Calgary International Airport is provided by Associated Cab, with the trip to Downtown Calgary lasting 25 minutes and costing around \$40.

On the Departures level of the airport you can find in-terminal car rental companies, while there are also off-airport ones that offer shuttle services to their premises, provided that you call and arrange the transportation with them. You'll be able to reach the city in about 20 minutes this way, and for a list of the available companies: https://www.yyc.com/en-us/navigatingyyc/groundtransportation/carrentals.aspx



# **Public Transport**

+1 403 262 1000

Calgary Transit is the public transit provider of the city.

The main mean of transportation is the CTrain, a light rail system that operates on two lines: Route 201, connecting the southern and northwestern parts of the city, and Route 202, going from east to west. Both of them go through the Downtown area, which doesn't require any payment as long as you stay within its boundaries.

Complementing this system are the 160 bus lines that connect various parts of the city. Fare payment options include cash, tickets, day or monthly passes.

In order to plan your trips, you can use the planner on the Calgary Transit website or their mobile app, Calgary Transit App.



#### Taxi

There are plenty of taxi companies in Calgary. They all charge a flat rate for rides to and from the airport, but always remember to ask what the rate is before departure in any case.

Delta Cab Ltd

Address: 304 4655 54 Avenue Northeast, Calgary

Phone: +1 403 278 9999 Website: www.deltacab.ca

Calgary United Cabs

Address: Unit8 - 5660 10 Street Northeast, Calgary

Phone: +1 403 777 1111 Website: www.calgarycabs.ca



The most common pharmacy chain is Remedy'sRX, staying open 6am to 8pm Monday through Saturday, and from 11am to 6pm on Sunday. There are also many stand-alone pharmacies, but many of them are closed on Sunday. www.remedys.ca

The biggest hospital in Calgary, as well as one of the most renowned medical centers in Canada, is the Foothills Medical Clinic.

www.foothillsmed.ca



**Post** 

Canada Post handles the post services in Calgary, and has many offices around town where you can buy stamps and send your mail. You can also make use of the many red mail boxes.



**Telephone** 

Country Code: +1 Area Code: 403



**Electricity** 

In Canada the standard voltage is 120V and the standard frequency is 60Hz. Power plugs and sockets are of type A and B.